



# the **Vine**

The Davis Food Coop Newsletter • November 2010

**Davis Food Co-op**  
620 G Street  
Davis, CA 95616

**OPEN 7 DAYS A WEEK • 7 a.m. to 10 p.m.**  
[www.davisfood.coop](http://www.davisfood.coop)

Presort Standard  
U.S. Postage  
PAID  
Permit #102  
Davis, CA

# The Vine

THE DAVIS FOOD CO-OP  
MONTHLY NEWSLETTER

620 G Street • Davis, CA 95616  
Phone (530) 758-2667  
Fax (530) 758-5941  
www.davisfood.coop

Contents ©2010, Davis Food Co-op

General Manager: Eric Stromberg  
erics@davisfood.coop

Publisher: Melanie Madden  
mcmadden@davisfood.coop

Editor: Amy Radbill  
amymorgan95616@gmail.com

Designer: Ruth Santer ruthis@omsoft.com

Display Advertising: Melanie Madden  
mcmadden@davisfood.coop

Opinions expressed in this publication are the authors' own and do not necessarily reflect Co-op policy or good consumer practice. Contents of the newsletter should not be used nor construed as medical advice. Paid and classified advertisements do not necessarily represent Co-op endorsement of the products or services offered. Permission to reproduce material from this newsletter must be obtained in advance from the Davis Food Co-op Consumer Services Department.

## Co-op Principles

The Davis Food Co-op adheres to the principles of cooperatives as revised and adopted by the International Cooperative Alliance in 1995:

1. Voluntary and open membership;
2. Democratic member control;
3. Member economic participation;
4. Autonomy and independence;
5. Education, training and information;
6. Cooperation among cooperatives; and
7. Concern for community.

## Davis Food Co-op 2010-11 Board of Directors

Dina Biscotti ('13)  
dbiscotti@gmail.com

Janie Booth ('11) 220-3283  
janiebooth@gmail.com

Sam Citron ('12)

Teddy Consolacion ('10)

Julie A. Cross ('12)  
jacross@dcn.org

Stacie Frerichs ('11)  
staciefrerichs@yahoo.com

Rebecca Hager ('11)  
chaarlye@gmail.com

Desmond Jolly ('12)

Steve Reynolds ('13) 297-5030  
smrsmr@pacbell.net

### First Alternate

Kevin Wolf ('11) 758-4211  
kevin@wolfandassociates.com

### Second Alternate

Frank Fox ('11), fdfox@jps.net

(June 30 of the year given is the end of a director's term.)

This newsletter is printed on a minimum 40% post-consumer recycled paper. When finished, please pass it along to a friend for reuse.

# Understand, Join Our Conversation

By Doug Walter,  
Membership Director

This Co-op's vision is embodied in our "Ends Policies." These try to answer the question of "what good" our cooperative seeks to produce, "for whom" and "at what cost." The Ends are what we are striving for on an ongoing basis, and not something we're going to arrive at and be done. Since 2008 our global, or biggest, End is, "We are a leader in our foodshed." We've shown leadership simply by identifying a foodshed (the analogy is to a watershed) as something we care about.

*We here in Davis and at the Co-op have done a lot to focus people on the local foodshed. The 100 mile radius we've drawn around Davis ... helps define an area in which we can seek to increase diversity and self-sufficiency.*

"Our foodshed" now includes much of the planet. We here in Davis and at the Co-op have done a lot to focus people on the local foodshed. The 100 mile radius we've drawn around Davis as our local perimeter is as artificial as any boundary, but it is good food for thought. It helps define an area in which we can seek to increase diversity and self-sufficiency (recognizing that chocolate, bananas and coffee will come from outside the local foodshed).

In September 2009, Michael Pollan brought attention to the benefits of a local foodshed in a *New York Times* opinion piece titled "Big Food vs. Big Insurance." Part of what he hopes for is that health insurance companies will, "...come to see that the development of regional food systems, which make fresh produce more available and reduce dependence on heavily processed food from far away, could help prevent chronic disease and reduce their costs." He continues:

"Recently a team of designers from M.I.T. and Columbia was asked by the foundation of the insurer UnitedHealthcare to develop an innovative systems approach to tackling childhood obesity in America. Their conclusion surprised the designers as much as their sponsor: they determined that promoting the concept of a 'foodshed'—a diversified, regional food economy—could be the key to improving the American diet."

If their conclusion is correct, then we're already helping improve diets and fight childhood obesity! I'm also intrigued to find that building relationships among farms, distributors, retailers, and local consumers—adding processes among elements to improve an economic system—can become a systems approach to achieving a health outcome.

A food co-op doesn't necessarily have to pursue positive health outcomes. We have chosen to do so. Our Ends Policies (always available at [www.davisfood.coop/mission-ends.html](http://www.davisfood.coop/mission-ends.html)) put our concern with health into the context of food: "We are the best source

of healthful, sustainable, higher quality, and locally grown and produced foods." I also believe (although it's my interpretation) that our concern with health informs our Ends Policy about education: "Our customers and community are able to make informed choices."

There's already some well-documented information about the benefits of strengthening and preserving a local foodshed. It helps preserve open space, it reduces air pollution from the transport of food, and it tends to improve nutrition because fresher foods retain more of their vitamins. I hope that a dialogue about local and global actions, and about our Ends, can help us all deepen our perspective and understanding of what's important about a foodshed.

And every Co-op member is invited to join in that dialogue. Our elected board of directors works continuously on our vision and our Ends policies. Understanding their conversation, and participating in it, are keys to keeping the Co-op a democracy. You have the chance to email our directors, meet them at Co-op events, and address them at meetings.

In addition, we publish financial information in our Annual Report (available on our Web site), and we're developing a training for staff about the finances of the Co-op. If you're interested in hearing a version for members, and participating in a short discussion about your perspectives on what you learn, please contact me by e-mail or voice mail. I hope we'll be offering something that adds to the conversation, although it certainly won't go into all the depth possible for financial topics!

Tell a director what you think of our Ends—when you see them at an event or by writing them. It's one way you can help your Co-op be a leader.

*Letters to Doug Walter can be dropped off in the suggestion box, sent to the Co-op at 620 G Street, or sent by e-mail to [dwalter@davisfood.coop](mailto:dwalter@davisfood.coop).*

# Complexity

By Amy Radbill

Photo by Deb Westergaard

This month, one of the suggestions in the suggestion box is about the palm oil-based shortening we sell, which is made by Spectrum. The writer's concern is for orangutans, which are widely understood to be in grave danger from the irresponsible and unsustainable farming practices of certain palm growers in Malaysia and Indonesia. This is undeniably a big problem—particularly if you're a vegan shopper who uses vegetable shortening in place of butter, and most especially if you're a vegan shopper who's concerned about getting trans-fats out of your diet.

As Julie Cross noted in her suggestion box answer, the vast majority of vegetable shortenings and margarines on the market contain dangerous trans-fats, as they're made from partially hydrogenated liquid oils such as corn and soybean. (There are alternatives, such as coconut oil—but coconut oil isn't necessarily suitable for every use, as it can add a very distinct flavor to foods.)

But first of all, here's some good news about the Spectrum Organics Shortening sold here at the Co-op: I called the folks at Spectrum, because I thought I recalled that their palm oil is not only sourced from Colombia (rather than Malaysia and Indonesia), but that it's produced in a fairly sustainable way as well. The customer relations representative I spoke with confirmed that Spectrum only ever deals with plantations in Colombia, and furthermore, she told me that the land used to grow the palms is land that has been used for agriculture for quite some time. What may now be a palm plantation has a history of grazing cattle or growing rice or bananas—no rain forest land was clear-cut to fulfill Spectrum's need for palm oil. So, on the one hand, that's the good news.

The less good news is that other products



continue to contain palm oil—not just shortenings and spreads, but many other processed foods. And if my (very cursory) research into this issue is to be believed, there may be other issues involved besides the lives of orangutans and the clear-cutting of rain forests—the lives of other species, for instance; or law suits brought by people who were allegedly thrown off their land in Colombia to make way for one of the few palm producers certified for environmental sustainability.

In short: The issue of whether to use products containing palm oil deserves your attention as well as a good deal more research than I've done so far. In addition to which, even if I'd done more research, I would never, ever presume to tell fellow Co-op members what choices they should make about what foods they will and won't buy—these are not only vital global issues, but deeply personal ones as well.

I will, happily, urge you to look into where your food comes from, and how it comes to you. I will furthermore implore you to be kind, compassionate, and understanding when other members of the Co-op community make choices for themselves and their families that are different from the choices you make. Because different members will make different choices, and our Co-op will continue to be a community store, where we serve the needs and choices of the entire community.

Whenever these issues come up—say, a member writes in to tell us that we should stop selling Coca-Cola, or even all things made with white flour or sugar—I've often thought how thrilled I am to belong to a Co-op that specifically chooses to carry a wide variety of products, and thus draw a wide variety of people into our community. Sure, we could limit the products we sell—I'd never miss the Coke myself, and if I want a cookie, I'm a darn good baker. But think what we'd lose if we lost the people who buy those products. Not just revenue—we'd lose real people, who live in our town, side by side with us, and who enrich our community in ways that go far beyond their consumption of baked goods. We might lose the chance to be an eye-opening food education for someone who comes in to buy Coke, but discovers a world of whole foods and local food values into the bargain.

In other words, I value our community over a lot of other choices. And I believe our ability to make good food choices is enhanced when we have a wide and varied community of people who can point out when something we're selling doesn't live up to their values. Dialogue is great for the thoughtful decision-making soul. (And please, remember that if you feel strongly about the need for us to discontinue the sale of certain products, there's an established procedure for you to start the boycott ball rolling.)

Now obviously, I'm not thrilled by the idea of selling products that may have been produced at the expense of orangutans or human beings or the rain forest.

But there's another point I want to make here, and it's actually my main point: These issues are unbelievably complex, and while one or another facet may seem clear cut, the issues taken all together never are.

You can decide to forgo using all palm oil products, but is coconut oil any better? Some is, some apparently isn't. Is it better to choose a margarine made from corn or soy oil? Well, those oils need to be hydrogenated

FROM THE  
EDITOR

*The vast majority of vegetable shortenings and margarines on the market contain dangerous trans-fats.*

in order to be made solid, so there's the issue of trans fats. Additionally, corn and soy production aren't exactly environmental darlings either, and if you want to avoid genetically modified products, then corn and soy will make the research you need to do infinitely more complex. Add to that the fact that many, many people are allergic to corn and soy—so those products are right out for them. Of course, you can use Strauss butter—it's pretty local, and organically produced! But that only works if you're neither vegan nor allergic to dairy. You can give up anything even resembling butter or shortening—they certainly aren't necessary fats in our diets—but realistically, that's a solution that will satisfy very, very few people.

Which isn't at all to say, "Oh, just give up and eat the palm oil!" And it also isn't to say that I have any answers—I really, really don't. It's just to say (as I've said before) that everything is complicated. When you're not directly in charge of producing the food you eat—and even sometimes when you are, I suppose—no choice is 100 percent guaranteed to be absolutely without consequence. It takes a lot of thought and energy to eat responsibly and mindfully in our society. It can be exhausting. We need to be patient with ourselves as we stumble along, making the best choices we can for our needs with the information we have. And for sure we need to be patient with the choices other people make. It seems to me that that kind of thoughtful compassion is the most important first choice we can make in eating mindfully.

Amy can be reached at  
amymorgan95616@gmail.com.

# BULK BUYS



## Sugar is Sweet

By Sarah Mandel

They say if you wait long enough everything comes back into style. Now refined cane sugar, that old demon of the dentist, is experiencing a revival as (could it be?) a health food. Indeed, sugar's image has been so transformed that the manufacturers of its evil twin, high-fructose corn syrup, have supplicated the FDA to change their product name to "corn sugar" to upgrade its image. Various food producers are hopping on the bandwagon, proudly highlighting the presence of sugar rather than corn syrup in the labeling of their products—see the various "throw-back" versions of popular soft drinks, which are made with cane and beet sugars. (FYI, beet sugar is still in disrepute in the more elite culinary circles, since it does not perform as predictably as cane sugar in elegant baking.)

Fortunately for us, the Co-op's bulk foods section has all kinds of

fancy sugars and sweeteners available for your holiday food fest. Let me offer you a little glossary of the various options available.

### White granulated cane sugar

This is the classic for cookies, cakes, and other delicacies—use it and Grandma's recipe will come out right.

### White powdered sugar

Ever wondered why it's so powdery? A bit of cornstarch has been added to this very finely granulated white cane sugar to keep it from clumping. If your recipe calls for confectioner's sugar, this is it.

### Brown sugar, medium

Commercial brown sugar is refined sugar with the molasses separated out and then added back in varying degrees (light, medium, dark). Softer and stickier than white sugar. Used for a richer flavor.

### Turbinado sugar

Partially refined cane sugar, named after the turbines in which

chopped cane is spun to extract the sugar. It is pale brown, with slightly larger and more irregular crystals than white sugar, and it is not sticky like commercial brown sugar. Sometimes referred to as demerara sugar or raw sugar. Good for baking and sweetening.

### Organic sugar

Evaporated cane juice. (This bin was empty and marked "Out of Stock" at the time of this writing. The dark side of popularity, when demand exceeds supply.)

### Sucanat

Natural granulated evaporated cane juice. Sucanat is a trade name. The dry brown granules look a little like finely chopped dates and have a delicate brown sugar taste and a slightly crunchy quality. Supposed to be good for baking, but I would stick to using it in down home goodies. Results might be unpredictable with Cordon Bleu recipes. (See white cane sugar above.)

### Fructose granules

Sugar cane and sweet fruits (grapes, dates) contain natural fructose. Fructose is sweeter than sugar, which means you need less to achieve the same amount of sweetness. Fructose also tends to be more gradually absorbed by the body. It is added to commercial products, including corn syrup, to intensify sweetness.

In addition, the Bulk section also carries other familiar and well-loved sweeteners:

### Maple Syrup, Dark Amber, Grades A and B

I prefer Grade B, which is somewhat less refined and has a stronger maple flavor. However both grades are maple sap that have been boiled to concentrate their sweetness, and are not unprocessed or "raw" foods.

### Valley Blossom Honey

This is from a Woodland firm that buys from regional apiaries. We're all aware of the problems the

bees are having over the last few years. But the good news is, you can still get local bulk honey.

### Agave Syrup, Organic

Agave sap was originally used to make tequila. However it is now also processed into a popular sweetener, which has been vaunted for its superior wholesomeness as a natural food. Just like maple syrup, it has been heated and processed to intensify its sweetness. How superior it really is to sugar is questioned by some nutritionists.

Got all that? Now it's on to the recipe!

### MAPLE BUTTER

As expensive as maple syrup has gotten to be, here is a practical way to make the most of it. This is an easy spread that enables you to get every last drop of maple syrup onto the pancake where it belongs. No more wanting to lick the plate. It's also good on toast, cornbread, sweet potatoes, and other goodies. It's especially useful for little kids who want to do it themselves. Maple butter in an attractive container tied with a bit of ribbon will make a nice little house gift for Thanksgiving or the winter holidays.

### Ingredients:

1/4 to 1/3 cup maple syrup (you can use honey instead if you prefer)

1/2 cup butter

For best results, butter should be soft, and maple syrup (or honey) at room temperature. (If you use honey, it should be liquid, but not warm enough to melt the butter. The honey will also require more vigorous stirring than the maple syrup to combine with the butter.)

In a small bowl, stir together until the mixture emulsifies. You can do this with a whisk or in a blender or food processor. I prefer to do it by hand, as there is less waste. At first the two will not combine, and you may think it is not going to work. Keep at it, and all of a sudden, the weird mess will turn back into recognizable butter.

Scrape the maple butter out of the bowl with a spatula, and use immediately or place it in a covered container and refrigerate until needed. It is easy to spread even when cold. Don't soften in the microwave, as the butter and syrup will separate out.

Sarah Mandel can be reached at [spmandel@dcn.org](mailto:spmandel@dcn.org).

*Relax • Rebalance • Rejuvenate*

Free Intro/Consultation:  
**Magnetic Resonance Stimulation Therapy**  
Pulsing Magnetism, common in Europe, recently introduced to US, Canadian Company

Addresses:

• Pain & Injury	• Blocked/Low Energy
• Depression/Stress	• Sleep
• Libido	• TMJ/Gums/Sinus
• Digestion	• Ears, Nose, Throat
• Immune System	• Headache/Brainfog
• Circulation/Heart	• Sinus Congestion
• Illness/Infection	• and more
• Skin/Fungus	
• Toxins/Electrosmog	

530-681-0475  
[vitality\\_4life@yahoo.com](mailto:vitality_4life@yahoo.com)

*Massage • Counseling • Nutrition • Acupuncture • Natural Earth Technologies*



## ASK THE CO-OP

*Got a question the Co-op staff can help you answer?*

*Our knowledgeable staff members are on call to give you the information you need on food, health, agriculture, Davis, community, cooperation, and much more. If you have questions, we'll get you an answer! Submit questions to Julie Cross at [jcross@davisfood.coop](mailto:jcross@davisfood.coop).*

By Julie Cross

### **Has the Co-op ever researched the negative press on agave nectar?**

Agave nectar is a processed food, and is high in fructose. It is higher in calories than sugar, has little nutritional value and affects blood sugar in much the same way as any other fructose-heavy product will. That doesn't make it any worse than most sweeteners, but some of the marketing from companies selling agave nectar is questionable. Our advice is to use it in moderation, as you should all sweeteners.

### **How do I compare prices between products? It's way too confusing! I wish you would put the price per ounce on all the signs to make it easier.**

Our shelf tags and signs are pretty small, and the legally required information takes up most of the available space. I have a tiny calculator in my purse for just such work. As you may recall from math class, you have to get everything in the same units to compare prices. This easiest way is to (all together now) reduce to the lowest common

denominator! For food, ounces is usually best—you can simply divide the bulk price by 16. For packaged foods, the price per ounce may be on the shelf tag. If not, divide the price per the number of ounces in the package.

### **Do I use whole wheat pastry flour or regular whole wheat flour for muffins? What's the difference?**

The difference is the amount of protein in the flour. Regular flour has more gluten, which means more protein. For flaky applications like pie crusts, you want less gluten. For stretchy applications like bread, you want more. Just to make things extra complicated, the gluten in whole wheat flour is less easily available than in white flour. I'd use regular whole wheat flour for muffins, but be careful not to over-mix them and make them tough.

### **What do I do with all the little bibs and bobs of leftovers at the end of the week? I hate waste, but I hate half a dozen tiny containers of useless food, too.**

My mom regularly held leftover night, where she'd pull all the containers out and declare them dinner. I pack leftovers directly into my lunchbox where I can—12 string beans with a dash of dressing are just right at lunchtime. I also often make a Sunday tart. This week, it contained a quarter cup of caramelized onions, two slices of bacon, four or five each of cremini and shitake mushrooms and three kinds of cheese, all left over from cooking earlier in the week. Make a quick pie crust (oh, go on, you can too!) layer everything in, and top with an egg or two beaten up well with some milk. Bake it until set, about 25 minutes, for an elegant solution.

## STAFF PROFILE

# Rakesh Chadhaury

By Kathy Lorenzato

**R**akesh Chadhaury can frequently be found near the front end of the Co-op in his position as head cashier. He's been working there since 2004, having arrived in the United States in 2003. Rakesh enjoys helping out his customers. He particularly enjoys the fact that people from many parts of the world come to Davis and somehow find their way to the Co-op. He likes to hear all the different languages and accents spoken around the store, and he especially gets a kick out of saying hello to people from South Asia. As he speaks both Nepali and Hindi in addition to English, and can get by in Urdu (spoken in India and Pakistan) and Tamil (spoken in

South India and Sri Lanka), he can surprise a fair number of people this way, and he loves to see their expressions when they hear their own language spoken so far from home.

Rakesh originally came to Davis because he has relatives in the area. He likes the climate because it is similar to his home in the lowlands of Nepal—though a wet winter in California is nothing compared to the yearly monsoons in Nepal. When Rakesh first came to California he thought he might prefer living in Oregon because of the lack of sales tax or in Washington because of the lack of property taxes. But he soon realized that it rains all the time in the Pacific Northwest—something like a year-round monsoon. He hurried back to California, saying, "I can't take all that rain!"

Rakesh spent his high school years in Nepal, but went to college in South India where he studied technology. This makes him a valuable resource every time the cash register computers or ATMs start acting up. He also works part-time for the Sacramento Metropolitan Cable Television Commission—Metro Cable Channel 14. He does broadcast production of all of the Sacramento City Council meetings,

*Continued page 6*





## STAFF PICKS – WINE



### CLAIRE CEKLOVSKY, WINE BUYER

**Juan Gil 2008 Monastrell, \$16.49**

“We had this at my wedding; it’s a great food wine and everybody loved it! It’s a little bit spicy but still well-balanced, with a nice, lingering finish that just makes you want more.”



### DOUG WALTER, MEMBERSHIP DIRECTOR

**Gundlach Bundschu Gewürztraminer, \$26.49**

“If you want an AWESOME white wine to go with your turkey dinner, this is my pick. It’s got a really amazing taste. I certainly understand wanting to spend less, but for a holiday splurge, you can’t go wrong with this Gewürztraminer.”



### SARA YOST, CHEESE DEPARTMENT

**Berryessa Gap Tradition, \$26.49**

“I’m not usually much of a red wine drinker, but this is just a delightfully smooth red blend, very food-friendly, from a great local winery.”



### JOHN DAILEY, MEMBERSHIP CLERK

**Ceago Syrah, \$25.99**

“This Syrah comes from an awesome Biodynamic winery up in Lake County that I once had a chance to visit—it was like they’d picked up a little part of Spain and transported it to Clearlake. This is a very tasty wine—sweet, but not overly so.”

## Staff Profile

*Continued from page 5*

as well as meetings for the Sacramento Library Board and Sacramento Flood Control Agency. All in all, he works 40 to 50 hour weeks, leaving little time for hobbies. Luckily he likes his work. He enjoys keeping up on local news, following where the money is going, and finding out about budgeting for the city of Sacramento.

Once or twice a year, Rakesh gets called upon to teach a Co-op cooking class in Nepali or Indian cuisine. This is a special treat for him, and he stresses to his students that he teaches authentic cooking—not the Americanized hybrid that can be found in local restaurants. He finds he can get all his ingredients from the Co-op, and especially recommends the turmeric root (located near the fresh ginger root) that he peels and pounds to add to his vegetables. He says, “Turmeric adds flavor and color and is also good for health. It has antiseptic properties.” In his classes, Rakesh teaches how to prepare pakoras (vegetables and spices wrapped in


garbanzo flour and rice flour, then fried); samosas (potatoes, beans, and spices wrapped in wheat flour, then fried); and curries.

When asked if there is any food from Nepal that he wishes he could get here, he says, “There is a small mango that grows in India and Nepal that is so good. The California mangoes that we sell here are close, but just not the same.” He adds, “I like the variety of fresh organic vegetables here at the Co-op.”

Rakesh is far away from the home he grew up in, but feels he has found a new home in Davis. In fact, last year he became an American citizen. He enjoys his job at the Co-op, and is proud that the store gives so much back to the community in direct donations, education, and community meals. He says, “I get paid for doing something that I like to do, and the Co-op gives back to the community. What could be better than that? It’s a win/win!”

Watch for his next cooking class to get a taste of his authentic Indian and Nepali cuisine.

*Kathy Lorenzato is a music therapist and has worked at UC Davis Children’s Hospital for 22 years. She has shopped at the Co-op even longer.*



## Thermography

### INFRARED BREAST IMAGING

- No Radiation
- No Compression
- Highly Accurate
- FDA approved
- For Women of all Ages

Karin Grumstrup RN, NP  
 Certified Thermography Technician  
[www.4irh.com](http://www.4irh.com) • 530-758-4474  
 Institute for Restorative Health, Davis CA

Offering Risk Assessment Screening in Breast Cancer Prevention

# The Slow Food Movement: A Primer

By Rae Gouirand

**G**uess what, Co-op readers? If you're reading this, you're probably at least a part-time participant in the Slow Food movement. That is, if you've been on a farm tour, sat at a seasonal feast, forged a personal connection to a food producer in your local sphere, attended a local taste workshop, or made a lifestyle choice favoring real food over foodlike substances. (Learn something new every day, eh?)

Slow Food USA, the organization that serves as public umbrella to local agencies "Supporting Good, Clean, and Fair Food," asserts that the Slow Food movement is "an idea," as well as "a way of living" and "a way of eating." Slow Food supporters fight the good fight by rediscovering the link between real food and commitments to local communities and the environment. Over 200 local chapters of Slow Food USA work to strengthen that connection between the planet and your plate by spearheading public awareness campaigns; performing educational outreach; protecting plants, animals, and cooking traditions at risk of disappearance; protecting biodiversity; advocating for farmers who grow wholesome food; and "promoting the celebra-



tion of food as a cornerstone of pleasure, culture and community."

(Sounds kind of familiar, yes? Kind of like the values of your Co-op, your local farming community, and a good piece of the Northern Californian food scene as a whole?)

On their Web site, Slow Food USA defines the principles ("Good," "Clean," and "Fair") that give shape to their From Plate to Planet approach. For Slow Foodists, "good" means not just that food is delicious, but that it is prepared with care from healthy plants and animals. "Clean" food is "as good for the planet as it is for our bodies," and "fair" food is accessible to all regardless of income (and produced by people who are paid fair wages for their labor). Domestic programs under Slow Food USA include such worthy projects as the US Ark of Taste catalog, the Renewing America's Food Traditions (RAFT) alliance, and the Slow Food on Campus and Slow Food in

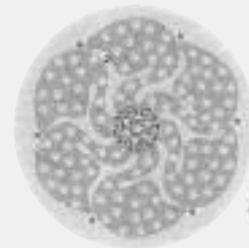
Schools programs. Some of Slow Food's international programs include the Terra Madre Network, which unites food producers, chefs, and educators from around the world for the goal of global food sustainability; Turin, Italy's Salone del Gusto showcase; the Slow Fish program, and programming at the University of Gastronomic Sciences.

The Slow Food USA event calendar, as I type this, alerts me to the fact that I'm missing the "Pawpaws and Persimmons" festival this afternoon in Ann Arbor, Michigan. (Bummer—that sounds like fun.) To explore your hungry food activist side, visit [www.slowfoodusa.org](http://www.slowfoodusa.org), where you can connect with your local chapter and sign up to be kept abreast of equally cool events around these parts.

*Rae Gouirand is a writer, writing instructor, and editor living in Davis. She can be reached at [rgouirand@gmail.com](mailto:rgouirand@gmail.com)*



# Slow Food® USA



*Laura Bealer, L.Ac.*  
Acupuncture & Herbal Medicine

129 E Street  
Suite C4  
Davis, CA 95616

530-304-6409  
[laurabealerlac@gmail.com](mailto:laurabealerlac@gmail.com)  
[www.laurabealerlac.com](http://www.laurabealerlac.com)



**BE INVOLVED**  
If you've got moxie and seriously love your Co-op, you can VOLUNTEER at the Davis Food Co-op!

**HOW? Come to an orientation!**  
Dates and times are listed in The Vine. More information can also be found in the tan brochure, "Be Involved", near the registers.

## Turn your metal into money...

with KVMR's new Car Donation Program

Visit [kvmr.org](http://kvmr.org)  
for details, or call the KVMR office at 265-9073



# A Celebration of Wine, Beer, and Seasonal Foods

By Eve West Bessier  
Photo by Deb Westergaard

The fall offerings from local wineries are here, and the Co-op has found an even more delightful way to celebrate their arrival. We've reimagined our festive annual Beaujolais Nouveau release party, moved the venue from the Co-op parking lot to the Davis Farmers Market Pavilion, and we've changed the name, and added new wines, more foods, and new dimensions.

We know you've loved the Beaujolais Nouveau release in the past, but we wanted to give you some local wine choices this year. Beaujolais is not released until the third week of November, so it's not always possible to secure all the stock we desire. Our new strategy solves this issue. We're widening your wine horizons by introducing you to some

local wineries that will have plenty of stock at the ready right here on our side of the horizon.

For the past three years, we have partnered with Slow Food Yolo to bring wine pairings and seasonal recipes to your appreciative palates. **On November 6, from 4:00 to 6:00 p.m., we will again co-host with Yolo Slow Food, but this time it will be our first Local for the Holidays event at the Farmer's Market Pavilion in Central Park.**

Local chefs Mark Casale of Dos Coyotes, Tony Gruska of Monticello Seasonal Cuisine, and Atilio Carranza of Osteria Fasulo will give demonstrations and provide samples of seasonal recipes featuring local ingredients and out of this world flavors. Pair that experience with samples of wines from Route 3 Winery, Simas Family Vineyards, and Marr Cellars, add beer offerings from our local

Sudwerk Brewery, and you're set for some tantalizing taste sensations.

Proceeds from the celebration will benefit Yolo County 4H Clubs, so it's a win-win-win.

Advance tickets can be purchased at the Davis Food Co-op for \$15 general (which includes foods, wine, and beer), or \$5 for those under 21, designated drivers, and those partaking of food only.

This event is sure to inspire your holiday cuisine creativity and provide you with lots of great wines for your own table and as gifts to the wine lovers on your holiday list. Please come join us for the merriment!

*Eve West Bessier is a writer, vocal coach, and life coach. Check out her Web site at [www.evewestbessier.com/](http://www.evewestbessier.com/)*



*Advance tickets can be purchased at the Davis Food Co-op for \$15 general (which includes foods, wine, and beer), or \$5 for those under 21, designated drivers, and those partaking of food only.*





# Beneath the Feathers

By Georgia Mckenzie

**P**robably the most illustrious guest at the holiday table is the headliner on the menu. I'm talking, of course, about the fine American Turkey. A bird so majestic, it was even suggested as our national representative—perhaps not the best choice since we eat it. Sadly, the turkey most people are familiar with is not the classic native bird, it's one that has been bred in terrible conditions to be ignobly overweight in the breasts, and it tends to be unhealthy and lacking in the flavor that made these birds an American staple.

Enter, Mary Pitman. The Pitman family has a tradition of raising poultry, and as a blushing bride, Mary brought the needs of a person struggling with food allergies to the business. Eaters and turkeys should be thankful that 20 years ago Mary Pitman made the switch to a pure food diet when food allergies made processed foods indi-

gestible for her. The research and label reading she did for herself affected her views on how birds should be raised.

Seeking a better product, the Pitmans decided to specialize in the organic, heritage turkey, Narragansett breed, to be precise. They also chose to be radical, producing a tasty, flavor-rich bird just by virtue of a nutritious high protein, vegetarian diet, along with a mix of vitamins and minerals (no preservatives, antibiotics, or additives). Sure, now it's de rigueur, but back in 1998, radical! Raised in spacious, natural conditions by people who bear a deep affection for their animals, these birds are happy and healthy, spending time in the fields near their barn until they reach eight months of age. All this makes for a tasty bird with rich thigh meat, along with a smaller breast, that chefs and gourmets prefer.

In honor of Mary's hard work and to celebrate their 25th wedding anniversary, her husband, Rick Pitman, named their first

ever offering of free range turkeys after her, and thus the line of Mary's Turkeys was born. Five years later, the Free Range Organic and the Free Range Heritage lines were wedding anniversary gifts. You have to hand it to him, that's creative.

These days, the Mary's line includes free range chickens and ducks and free range, organic chickens, giving you options for holidays meals and for day-to-day grub. Mary's is still a family business—one that's thriving, and (right now) extremely busy, but it's more than that. It's a legacy, and a great example that demonstrates that ethical standards, humane farming, and good nutrition are also good business. Hopefully, you've ordered your Mary's Turkey for Thanksgiving, and if you've missed out, pencil it in for next year. You'll be glad you did.

*Georgia Mckenzie is principle designer at uni multimedia and looks forward to her own heritage bird.*

# Tackling the Turkey Tradition

By Tony Gruska

**M**y wife, Rhonda, is the one who cooks the turkey for Thanksgiving. Her favorite no fail method is to follow the recipe by Julia Child found in the cookbook *From Julia Child's Kitchen*. She prepares the gravy base "way ahead of time, which will save you much fussing at the last minute," as Julia recommends, and always chooses to use port wine (as opposed to the cold chicken broth option), which creates a wonderful flavor and a rosy hue.

This recipe starts on page 232 and goes on for an additional five pages. As expected, Julia makes certain you have all of the information you need to prepare an incredible Thanksgiving bird that will impress your friends and family—as opposed to filling their holiday vacation with a bout of food poisoning. (To Rhonda's horror, one of the warnings about how *not* to cook a turkey is the exact method her father used to employ every year, which explained those annual Thanksgiving bouts with the mythical twenty-four hour flu!)

Of course, Julia's recipe calls for the requisite butter, rubbed all over the skin of the turkey, and touches such as cheesecloth dipped in "cooking oil or lard" over the breast to prevent over-browning. Rhonda uses olive oil in this step.

If you are not ready to read five pages prior to preparing your bird, I recommend Julia's streamlined roast turkey recipe from one of her later cookbooks, *Julia's Kitchen Wisdom*. This version is less complicated, like its predecessor references a frozen turkey being acceptable, and will also result in a delicious bird and excellent gravy. (Can't find the book? Conveniently, ABC republished this recipe online here: <http://abcnews.go.com/GMA/story?id=127511&page=1>)

The bottom line is that you can't go wrong with either Julia's old school recipes geared toward the more experienced cook, or her updated versions, which are more accessible to busy people who aren't interested in or don't have time for all those steps. If you are truly a beginner, you can also refer to the easy directions on the turkey wrapper that are perfect for cooking your first bird.

Additionally, if you find you need more personal guidance, there always are a number of turkey hotlines you can call for help. Check out the following list, taken from the helpful folks at the North Carolina Division of Environment and Natural Resources. (You can find this list online at [www.deh.enr.state.nc.us/ehs/food/Holiday%20Turkey%20Hotlines%20031.htm](http://www.deh.enr.state.nc.us/ehs/food/Holiday%20Turkey%20Hotlines%20031.htm) but I took the liberty of making you a much smaller link to the same

place:  
<http://tinyurl.com/22uzp6m>.)

## Turkey Help Hotlines

Butterball Turkey Hotline (800) 288-8372  
[www.butterball.com](http://www.butterball.com)

Empire Kosher Poultry Hotline (800) 367-4734  
[www.empirekosher.com](http://www.empirekosher.com)

Foster Farms Turkey Help line (800) 255-7227  
[www.fosterfarms.com/](http://www.fosterfarms.com/)

HoneySuckle White Turkey (800) 810-6325  
[www.honeysucklewhite.com/](http://www.honeysucklewhite.com/)

Reynolds Turkey Tip Line (800) 745-4000  
[www.reynoldskitchens.com](http://www.reynoldskitchens.com)

USDA Meat & Poultry Hotline (800) 535-4555  
<http://www.fsis.usda.gov/OA/programs/mpholine.htm>

## Non-Turkey Food Questions

FDA hotline (888) SAFEFOOD, (888) 723-3366  
[www.cfsan.fda.gov/~lrd/advice.html](http://www.cfsan.fda.gov/~lrd/advice.html)

## Food Safety

[www.foodsafety.gov](http://www.foodsafety.gov)

And finally, with all due respect to Julia Child, I personally recommend you order a fresh turkey from the Co-op regardless of which recipe you choose. I think this is most likely where she would have purchased her turkey, had she lived in Davis.

*Tony Gruska and his wife, Rhonda, own Tastebuds Catering and the Monticello Bistro, which feature cuisine made with seasonal ingredients supplied by local farmers. You can find them at the Davis Farmers Market, where the Monticello Bistro booth serves salads, sandwiches, and other seasonal fare.*  
[www.monticellobistro.com](http://www.monticellobistro.com), (530)792-8066.

# A Vegetarian Thanksgiving

If you don't want the meat on your table, or you have a few vegetarian guests in need of a festive holiday meal, these recipes for Garbanzo Nut Loaf and Mushroom Gravy will fit the bill perfectly!

## Garbanzo Nut Loaf

By Sandy Weaver

**2 large onions, finely chopped**  
**2 stalks of celery, finely chopped**  
**1 small carrot, finely chopped**  
**3-4 cloves of garlic, finely minced or pressed**  
**2 tablespoons of olive oil**  
**3 cups of cooked garbanzo beans (about two 16-ounce cans)**  
**1 cup of chopped cashews**  
**1 cup of bread crumbs**  
**1 cup of mushroom or vegetable broth**  
**1 tablespoon of oregano**  
**1 tablespoon of Italian herbs**  
**Salt and pepper to taste**

Sauté the onions, celery, carrot, and garlic in the olive oil until soft. Mash half the garbanzo beans, leaving the other half whole. Combine the cooked vegetables and both the mashed and un-mashed beans with the cashews, bread crumbs, broth, and seasonings. Taste to correct seasonings. Turn the mixture into a well oiled loaf pan. Bake at 350 for 30-45 minutes.

Serve with a mushroom gravy, mashed potatoes, and stuffing.

## Mushroom Gravy

By Amy Radbill

**3 cloves garlic, minced or pressed**  
**1 tablespoon oil**  
**10 ounces mushrooms, washed and sliced (cremini, or a mix of cremini and wild mushrooms)**  
**1 tablespoon sherry or white wine (if you prefer not to use alcohol, use broth)**  
**1/4 cup flour (a gluten-free flour mix will work fine)**  
**additional 1/4 cup oil**

**additional 1/4 cup sherry or white wine (if you prefer not to use alcohol, use a full 2 cups broth rather than the 1 3/4 cups called for below)**

## 1 3/4 cups hot broth

Sauté the garlic in the 1 tablespoon of oil in a large sauté/frying pan. When the garlic begins to turn gold, add the sliced mushrooms and cook for a few seconds. Add the 1 tablespoon of sherry or white wine to help steam the mushrooms. When the mushrooms are soft, scoop them into a bowl and set them aside.

Using the same pan, heat the oil and flour together gently to make a roux, whisking continuously. Combine the additional 1/4 cup sherry or wine with the hot broth. Allow the roux to cook for a minute or two, then very, very slowly add the hot liquid, whisking quickly the entire time. The mixture will look lumpy until all the liquid is added—do not stop whisking!

Let the gravy mixture cook for another minute two, then add the mushrooms back in. Continue cooking the gravy until it reaches your preferred thickness.

**"Life is Change, Growth is Optional"**  
Lee Ockenden, LMFT



15 years experience

Couples and Individuals

Specializing in Couples/Family Therapy

EMDR and Neural Behavioral Certifications

**Downtown Davis Office**  
call 530.902.6772 for consult  
LeeOckenden.com

*"go braless  
and be  
modest"*



micro thin  
quilted panels  
keep nipples  
undercover

100% comfy  
cotton to wear  
over or under

www.ttimeflatwear.com

*"I'll never wear a bra again!"*

**A Farmer-Owned Cooperative**



Locally-based in Davis, CA, Pachamama is a unique company owned by more than 150,000 family farmers around the world. Meet our owners at [www.pachamama.coop](http://www.pachamama.coop).

**Deb Westergaard  
Photography**

Beautiful artistic  
photography  
at affordable rates

Weddings • Events  
Families • Children • Pets

<http://www.debphoto.com/>  
info@debphoto.com  
530.680.7239



Terry Adams	
Rock n Roll Quarter	11/6
Blue Highway	11/7
Cheryl Wheeler,	
Jill Sobule (note new date)	11/10
Rafael Vargas	11/12
Dirk Hamilton	11/19
Mumbo Gumbo	11/27
Hot Club of San Francisco	12/3
Gene Taylor Blues Band	12/11
Christmas Jug Band	12/19

**And much more!**  
Check our website for  
upcoming events.

13 Main Street  
Downtown Winters  
530-795-1825

[www.palmsplayhouse.com](http://www.palmsplayhouse.com)

Tickets available at  
Armadillo Music,  
205 F Street, Davis,  
and Kimes Hardware,  
35 Main Street, Winters



Mention this ad to receive  
\$2 off your next haircut or  
\$5 off touchup color & perm  
Free haircut with Full Color  
or Highlights!

Show your Coop Member Card  
to save \$1 on any service

(530) 759-0775  
617 G Street 4A-4  
Davis, CA 95616  
(across the street from the Coop)  
Monday-Friday 10-6  
Saturday 9-5



**Parcel  
Dispatch,  
PDQ**

216 F Street  
Davis, CA 95616  
(530) 756-7084  
FAX (530) 756-3090



RETAIL SHOWROOM  
424 F Street, Davis  
530-757-6325  
[casaverdedesigns.biz](http://casaverdedesigns.biz)

Casa Verde Designs offers  
the best in eco-friendly  
building materials and  
healthy home products.

Visit our showroom to see  
the range of product lines  
and to learn more about  
the latest innovations  
for creating healthy and  
sustainable spaces.  
Design services available.



**Bernadette Balics**  
530.756.2078  
bbalics@cal.net  
[ecologicallandscapedesign.com](http://ecologicallandscapedesign.com)



**CLASSIC AMBIENCE  
TOP INDEPENDENT FILMS  
COMFORTABLE SEATING  
CREATIVE CONCESSIONS  
OPEN 7 NIGHTS/WEEK**

(530)758-5284

[WWW.THEDAVISVARSITY.COM](http://WWW.THEDAVISVARSITY.COM)

616 SECOND ST. DAVIS CA

**Varsity  
THEATRE**

SUGGESTION  
BOX

# Where's the Honest Tea?



**Q:** You are always running out of **Honest Tea** (in glass) in the front cooler. Could it have a second spot in the back like other drinks do? Please help. I'm desperate.

Anonymous

**A:** We will double the space allotted for Honest Tea in the front cooler.

Chad Bogin, Grocery Manager

**Q:** When you have **chocolate on sale**, please move the boxes down from the top shelf, at least temporarily while the item is on sale for the month. **I can't reach top shelf**, and often no one is readily available to get it down for me. Thanks.

K.A.

**A:** Thanks for the suggestion. We'll try to keep sale product on the more accessible shelves.

Chad Bogin, Grocery Manager

**Q:** Please restock **Yogi Tea's "Sweet Mexican Chili."**

L.H.

**A:** Yogi has relabeled this product as "Aztec Sweet Chili," and it is currently available on our shelves.

Chad Bogin, Grocery Manager

**Q:** Please carry **glass bottles of non-sparkling real water** that are easy for traveling in the car. Thanks.

Anonymous

**A:** We carry Mountain Valley Sparkling and Spring (flat) water in one-liter glass bottles.

Chad Bogin, Grocery Manager

**Q:** The **50 percent off shelf** doesn't have prices for all the items, i.e. the coconut oil. Please price the items.

Anonymous

**A:** Thanks for bringing this to our attention. We believe the problem has been fixed, but if you ever see product without prices on our sales floor, please don't hesitate to let us know.

Chad Bogin, Grocery Manager

**Q:** **Move the Community Bulletin Board** to 1) behind the straw bale bench, 2) on the way to restrooms or 3) inside, next to water fountains.

D.Q.

**A:** It's a tricky balancing act, trying to find a place for the community bulletin board that's accessible and highly visible without impeding traffic flow into and out of the store. While its current location in the north parking lot might not be ideal for visibility, it's a great solution in terms of access—the board is easy to get to, and you can peruse its offerings for long periods of time without being in anyone's way. At the present time we have no plans to move it.

Melanie Madden,

Marketing Coordinator

**Q:** Thank you so much for stocking the **seaweed snacks** (Annie

Chun's Roasted Seaweed). Delicious, and you've saved me the trip to Whole Foods in Sacramento to get an identical product (different brand Annie Chun's better tasting just by a bit).

J.W.

**A:** We're glad you like the seaweed snacks! We're always on the lookout for natural and organic snacking alternatives you won't find anywhere else, and always welcome suggestions.

Chad Bogin, Grocery Manager

**Q:** **Bulk food is always priced per pound.** Most other items show the price per ounce. I recommend all items list the price per pound if there is a similar item in bulk.

R.W.

**A:** Our shelf tags and signs are pretty small, and the legally required information takes up most of the available space. It doesn't seem feasible to add this info without shrinking the typeface into illegibility. Please see Julie Cross' column, "Ask the Co-op," on page 5, for tips on how to convert units in order to compare prices.

Rachel Quinn,

Scan Coordinator

**Q:** Thank you! For turning the **outside overhead fans** off after sundown. I hope some of you noticed how many people stuck around to socialize! Much more pleasant. But, then at 8:30 pm, one of your employees did the "lock up table & chairs" thing and kicked us all out. Why not make Friday night a late socializing night. If people linger, let them!

D.Q.

**A:** I'm happy to hear that our patio is nicer for you. Not unreasonably,

our employees want an opportunity to go hang out, too, and so need to stick to our closing routine in order to get out on time.

Julie Cross,

Education Coordinator

**Q:** I forgot today was Friday and **failed to show up for superworking.** I don't know how to contact Phil in maintenance. Can you please send him my apologies? I can make it up if he needs me earlier than next Friday.

A.

**A:** You can contact (or leave a message for) any of our staff by calling 530-758-2667 ("8-COOP) between 7:00 a.m. and 10:00 p.m., or by e-mailing the addresses found on our Web site.

Julie Cross,

Education Coordinator

**Q:** **My baby loves my I [Tomato] Davis T-Shirt** so much! How about one for babies and kids!

N.M.

**A:** Thanks for the suggestion. We are looking into t-shirts and snappies for kids. I'm not sure when the I [Tomato] Davis will make its return though.

Bija Young, Brand Manager

**Q:** You used to carry **Affi Eggplant Dip.** It is much better than the one you presently offer (East-West). Thank you!

H.S.

**A:** We do have this. It is stocked every Saturday in the Salsa/Hummus area.

Mike Brantley, Dairy Buyer

**Q:** Please provide a **vegan version of kids club treats** for those who are allergic to dairy/eggs when

available, such as both the cheese Late July as well as the plain one.

D.

**A:** Kids being kids, if I put out two kinds of treats, everyone will have to eat two treats. Instead, I will give the head cashier a supply of vegan, gluten-free treats to hand out on Thursday. Just ask your cashier and he or she will call for it.

Julie Cross,

Education Coordinator

**Q:** Would like to see **organic/free range options at the hot deli.** I'm sure if put to a vote on a ballot, most members would ban conventional products, especially meat/dairy from the Co-op Deli and shelves.

D.

**A:** We try to keep our hot and salad bar price as low as possible, and organic/free range options aren't always compatible with that. It's much more feasible for us to offer options in sections of the store where products are individually priced, so that people can decide what they can afford on a case by case basis. Given that our members consistently buy conventional items (which is why we stock so many things in both organic and conventional), I don't share your conviction.

Julie Cross,

Education Coordinator

**Q:** What would need to happen to get a **gluten-free section** at the Co-op? I understand that we cannot have a section for everyone's needs, but celiac disease is huge now and it'll be nice to not have to ask where gluten-free everything is each time I come in.

Anonymous

**A:** I'm so sad that you didn't leave

contact information so I could get you a copy of our new and improved Gluten-Free Shopping List! The Co-op tries to accommodate the needs of an extremely wide range of special diet shoppers—vegan, vegetarian, raw food, wheat-free, lactose-free, casein-free, dairy-free, macrobiotic, all-organic...the list is extensive and ever-changing. Because of the scope and complexity of our members' needs, it would be awfully difficult to segregate food by special diet. We do have specialty shopping lists available for gluten-free, low-sodium and other needs.

Julie Cross,  
Education Coordinator

**Q:** Request that we carry **Ninkasi beer** from Eugene.

J.K.

**A:** Ninkasi is yummy, isn't it? Sadly, it's not available from any of our distributors yet. We'll keep asking!

Julie Cross, IPA Fan

**Q:** I have a question. I thought at one point I bought **Sacramento Tofu Co brand tempeh**—at least, it was tempeh from/made in Sacramento. But you no longer seem to carry it. What happened?

Anonymous

**A:** Sac Tofu doesn't have tempeh. They do have a deep-fried tofu.

Mike Brantley, Dairy Buyer

**Q:** Please try to find **vegetable shortening that doesn't contain palm oil**. Palm is grown where rainforest was removed for plantation, killing the orangutans. I don't want orangutans to die just so I can bake. Thank you.

L.

**A:** I'm not aware of any shortening that is both free of trans-fats and made without palm oil. If you know of one, please do let me know. The shortening that we carry is from Spectrum. Here's what they have to say about harvesting practices used by their suppliers:

*This company is a family owned business now in its third generation. The*

*company has become a pioneer in sustainable agriculture and the leading grower of organic ingredients. Spectrum chose to partner with this family owned business for several reasons. We wanted a superior organic palm oil product to produce our Organic Shortening, and, as with all our supplier decisions, we wanted to work with people who were committed to being stewards of their community and the planet. The farms are all certified in accordance with international third party certifying agencies and have obtained social and environmental certification. The company impacts local communities by allocating a percentage of their export revenues to fund social projects and aids in the activities of their workers' welfare association. They are also part of the Productive alliances, working together with small farmers to create a sustainable model. One of the reasons this company is able to make such a large impact on an entire industry is vertical integration. They are the only company in the world that has vertically integrated their palm oil production from seeder to farming, harvesting, mechanical pressing, physical refinery and finally to end products. By being indirectly involved in all stages of the process allows them to ensure not only the quality of their product, but the treatment of their employees and the land.*

Best regards,

Julie Cross,  
Education Coordinator

**Q:** Request that we carry **bulk yeast**. Also, why don't you have **local produce**? So many imports = lots of GHG production.

E.M.

**A:** Thanks for your note. Bulk yeast is located in the white cooler at the end of Aisle 1. We do bag it in ziplocks to limit spills. We'd be happy to get you a larger bag if you'd like one.

I counted 57 produce items labeled "local" this morning. Since we define local as within 100 miles, that number doesn't include all California produce, but I think it's plenty to assure us that we all ate well during our September "Eat Local" challenge. We do offer produce from outside our local area because

most people aren't willing to go without green beans for part of the year, or bananas ever.

Julie Cross,  
Education Coordinator

**Q:** Request that we carry **Incredible Tofu from the San Jose Tofu Company**. I believe they deliver weekly to Sacramento.

A.L.

**A:** I just called them and they don't deliver to Sacramento—just to Berkeley.

Mike Brantley, Dairy Buyer

**Q:** re: Co-op Deals September 1–September 14, 2010, p. 4 **Zucchini**. Who wrote "Virtually unknown in the U.S. until a little over 30 years ago, zucchini..."

Absurd!! I know I've been eating it for at least 50 years. We shopped at the Berkeley Food Co-op so I'm sure it was no exotic vegetable at that time. I have 1953 Better Homes & Gardens and 1960 Sunset cookbooks—both list specific recipes for zucchini.

M.A.Y.

**A:** To answer your question, the copy for the sidebars in our "Co-op Deals" ad flier comes to us from the home office of the National Cooperative Grocers Association in St. Paul, Minnesota—through our partnership with the NCGA, we're able to offer the great prices on natural products that you find in the Co-op Deals ads. It's a challenge for the NCGA to find material for its ad copy that's relevant to all 117 member Co-ops nationwide, and they may have overstated zucchini's relative obscurity in their inaugural issue of Co-op Deals, the bi-weekly sales flier that's replaced our monthly Co-op Advantage sales. Thank you for the correction, but it does leave us wondering whether what was common in Berkeley in the 50s and 60s might have been considered exotic at the same time in other parts of the country.

Bija Young, Brand Manager

**Q:** Request that we carry **Perfect Foods Bar**. You would love them.

It's the ONLY thing this store's missing. By the way, Co-op > Whole Foods.

M.M.

**A:** We actually do carry Perfect Foods Bars at the Davis Food Co-op, but they're located in a rather unusual place: just to the left of the entrance in a refrigerator that predominantly holds Odwalla juices, but the bottom two shelves are dedicated to a whole range of Perfect Foods bars, which are happiest when they're cold.

Melanie Madden, Acting Marketing Coordinator

## IN BRIEF

### We may have been out but now we do have:

- C2O Coconut Water
- Zico Coconut Water
- Lazarrri Mesquite Charcoal
- Goldrush Sourdough Waffle Mix
- Nutz Over Chocolate Luna Bars
- Bob's Red Mill Millet Flour
- Flaked Coconut (Bob's Red Mill)
- Stacy's Everything Bagel Chips
- Pet Guard Organic Vegetarian Dog Food
- Teecino coffee substitute
- Kind Cranberry Almond Bar
- Elyon Vanilla Marshmallows
- Kettle Salt & Vinegar Chips
- Pamela's Gluten-Free Baking Mix in the large (four pound) bag
- Sunsweet Premium Canned Prunes
- Pantry Pest Traps
- Boyland Root Beer
- Western Family Instant Oatmeal
- Traditional Medicinals Organic Peppermint Tea Bags
- Udi's Gluten-Free Bread
- Coombs Family Farm Pure Maple Sugar
- Bonne Maman Jam
- Rudy's Spelt Bread
- Big Bags of Pop Chips
- Gallons of distilled water
- Bragg Liquid Aminos (Aisle 5

beneath tamari)

- Sofia canned champagne by Sofia Coppola
- Plain and Vanilla Nancy's Organic Nonfat Yogurt in 32-ounce size and Plain in 64-ounce size

### Thanks for suggesting and we'll look into:

- Cheap paper plates without coating
- Fish food
- Plain gluten-free rice crust for pizza

### Sorry, we don't carry:

- Annie's Goddess Dressing in 1 Liter Size (special order only)
- Western Family Bleach with non-childproof lids (special order only)
- Smaller bottles of Calistoga Sparkling Water (discontinued)
- Cherry, Orange, Lemon Blast by Health Valley (discontinued)

### Not available from the manufacturer:

- Wallaby Blueberry Nonfat Yogurt
- Tea Tree Oil Pure & Basic Deodorant

## Member Orientation

Want to know more about your Co-op? Interested in volunteering? Just looking for some free entertainment? Attend the New Member Orientation ("old" members welcome) **at 6:00 p.m. on Wednesday, November 10, and Tuesday, November 30**. We'll even throw in two hours of work credit for your attendance! The orientation is free, but sign-up is required. Sign up at the Member Information Desk. Sorry, no phone reservations. Co-op members may register by email to [jcross@daviscoop.com](mailto:jcross@daviscoop.com)

# the Co-op Calendar

## Class Schedule

Unless otherwise noted (with an asterisk), all classes are vegetarian with vegan and omnivore options discussed. Most adult classes last roughly 2 hours; classes for kids are 1 1/2 hours, and In Good Taste classes 1 hour. Classes are held at the Teaching Kitchen, 537 G Street. Please park in the Co-op parking lot.

Children's classes are divided into levels—choose the session at the right level for your child.

**Level 1 roughly ages 3+ to 5: speaks clearly & understands directions (two sessions are offered to accommodate demand)**

**Level 2 roughly 5 to 8: can follow directions with help and supervision**

**Level 3 roughly 8 to 12: reads and follows directions, needs help for new ideas & skills**

Payment in advance is required to reserve a seat. You may make payment by mail to The Davis Food Co-op, Attn: Julie Cross, 620 G Street, Davis, CA 95616 or in person (cash or check only) to our store at 620 G Street. Payment is accepted at the door only if seats are still available—most classes fill up quickly.

## Cooking Classes

**Mulled Wines & Ciders**  
Tuesday, November 2, 6:00 p.m.

Mulled ciders and wines make great party drinks, and lend a delicious (and fragrant) element to your home during the cold winter months. Must be 21 and over to attend; non-alcoholic versions of all quaffs will be discussed. Intro class, about 1 hour  
Instructor: Lis Harvey \$10

**Kids Can Cook!**  
**MMMMMuffins!**

Blueberry muffins, Banana Chocolate Chip muffins, and a Surprise muffin. They're all easy, delicious and (shhhh!) good for you. Gluten-free by advance arrangement  
Instructor: Julie Cross \$20  
**Level 1 Weds., Nov. 3, 3:30 p.m.**  
**Level 2 Fri., Nov. 5, 3:30 p.m.**  
**Level 3 Sat., Nov. 13, 2:00 p.m.**

**Make & Cook - Ricotta**  
Thursday, November 4, 6:00 p.m.

Making and cooking with Ricotta. Ricotta ("twice-cooked" in Italian) is traditionally made from cooking the whey left over in cheese making. Ricotta is one of the most versatile cheeses there is, perfect as a dip, on a cheese plate, in salads, pasta, fillings and any baking. In this hands-on class, you will learn the art of creating whole milk ricotta and then use it to make savory appetizers and delicious cheesecake.  
Instructor: Sacha Laurin \$30

**Hands-On Sweet Potato Spaetzle**  
Sunday, November 7, 6:00 p.m.

Together we will prepare this traditional dish with a Davis twist! A sauce of oven roasted shallots and taleggio. We will finish with a demo of a delicious quince cobbler.  
Instructor: Sarah Palmer \$30

**Eat Well, Live Well:**  
**Class 4: Holiday Treat Recipe Make-Overs**  
Monday, November 8, 6:00 p.m.

Upgrade your holiday treats to boost nutrition without skimping on taste. Includes key lime pie, tofu peanut butter cheesecake, double chocolate cookies, and more. Raw, vegan, and gluten-free options included.  
Instructor: Rebecca Tryon \$25

**Hands-on Little Foods\***  
Wednesday, November 10, 6:00 p.m.

Every culture has "Little Foods" to be enjoyed before a meal or stand-alone. Join Stephanie for a hands-on class of extraordinary little foods! We will make (title title title) and more. \*Meat and Vegetarian options.  
Instructor: Stephanie Shimada \$30

**Vegetarian Thanksgiving**  
Thursday, November 11, 6:00 p.m.

Need a vegetarian holiday menu? The season's abundant, colorful produce inspires side dishes like Sweet and Sour Red Cabbage, and Spinach with Raisins and Almonds; and with Mushroom Nut Loaf or Stuffed Tofu Roast, your guests will never miss the meat.  
Instructor: Amy Radbill \$25

**In Good Taste - Holiday Spirits & Cheeses**  
Friday, November 12, 6:00 p.m.

Which cheeses will best grace your holiday feasts for the next two months? Which beer or wine will match? Try our fabulous selection and decide for yourself! You must be 21 years or older to attend.  
Tasting only, about 1 hour  
Instructor: Staff \$10

**Gluten Free Cookie Fest**  
Tuesday, November 16, 6:00 p.m.

Join Amy Radbill to revisit some of her very favorite gluten-free cookie recipes from Co-op classes past, as well as tips and techniques to make gluten-free cooking more accessible.  
Instructor: Amy Radbill \$25

**Intro to Gravy\***  
Wednesday, November 17, 6:00 p.m.

Gravy is half the fun (or maybe more) of the winter holidays. We'll cover basic broth gravy, drippings

gravy and the best vegetarian gravy in the known world. \*Meat & vegetarian options Intro class, about 1 hour  
Instructor: Julie Cross \$7

**Festive Foods for Chanukah**

Thursday, November 18, 6:00 p.m.

In this class, we'll make good old-fashioned potato latkes and explore the complex and delicious world of Chanukah donut doppelgangers by making one or two varieties. We'll also make homemade Vanilla Applesauce to lighten up the fried indulgence of the season.  
Instructor: Amy Radbill \$25

**Terrific Holiday Side Dishes**

Friday, November 19, 6:00 p.m.

These stupendous side dishes will surely make you the holiday hero! Gingerbread stuffing served in tiny pumpkin, Fiscallini cheddar pie, celery root and parsnip gratin, and more.  
Instructor: Sarah Palmer \$25

**Hands-On Sunday Brunch**

Saturday, November 20, 2:00 p.m.

Weekend mornings are a wonderful time to relax, cook, and eat with family and friends. Learn to make a delicious and fresh traditional weekend brunch with Chef Leslie Peng. Bake bread pudding and cook amazing English muffins from scratch.  
Instructor: Leslie Peng \$30

**Hands-on Veggie Girls Cook!**

Tuesday, December 7, 6:00 p.m.

Julie Loke has more in our continuing series for teen girls. In December we'll welcome winter with retro casseroles, including Baked Ziti, Tamale Pie, Waldorf

Salad, and Chocolate pot de crème. Open to girls ages 12-19 only, class includes dinner.  
Instructor: Julie Loke \$20

## Wine Tastings

**From 6:00 to 8:00 p.m. in the Co-op Conference Room.**

Meet folks from the winery, taste a wine or two, have a snack and meet other Co-op members. There is a fee of \$1.00 per wine tasted, with profits benefiting Davis Farm to School. For details of wines being tasted, e-mail

jcross@daviscoop.com or pick up a flier in the store.

**November 5- Route 3 and Berryessa Gap**

**November 12 - Capay and Rominger**

## Blood Drive

**Sunday, November 14**

**1:00 to 5:00 p.m.**

*Upcoming Events at the*  
**IRH INSTITUTE FOR RESTORATIVE HEALTH**  
**IRH's 4th Anniversary Open House**  
Thursday, November 4, 6-8pm  
To celebrate its 4th year in a thriving business, the IRH is opening its doors to share an interactive evening of anti-aging and wellness demonstrations with the community.  
1460 Drew Avenue, Suite 300  
**FREE!**  
**Healthy Living**  
Thursday, November 18, 5-6:30pm  
IRH founder Dr. Eric Hessel continues his renowned Healthy Living series. The series of 6 classes will cover nutrition, exercise, emotional health, sleep, neurological pain and keys to optimal health and longevity; this session's discussion will focus on Emotional Health.  
1460 Drew Avenue, Suite 300  
Cost: \$25 (or \$120 for the series)  
Eric L. Hessel is the founder and medical director of the IRH. Dr. Hessel received his medical degree from George Washington University and completed his neurology residency with the US Army. He also completed a rehabilitation neurology fellowship at UCLA. Dr. Hessel has extensive continuing education in the area of functional medicine and is board certified in neurology as well as anti-aging and regenerative medicine.  
(530) 758-4474  
1460 Drew Avenue, Suite 300  
Davis, California  
www.4rh.com

## CLASSIFIED

Classified ads are free to Co-op members in good standing. Limit: one ad per month per household. **The deadline for the December issue is November 3.** Submit your ad via e-mail to [amymorgan95616@gmail.com](mailto:amymorgan95616@gmail.com) or to the editor's box in the administration offices. Please indicate which category. Thirty word limit. No phone calls. You must resubmit your ad each month you want it to run.

A classified ad does not represent Co-op endorsement of the products or services offered. We reserve the right to edit the ad or to reject any ad deemed unsuitable.

### CLASSES/EDUCATION

**ALEXANDER TECHNIQUE.** Create your own group class - chronic pain, balance, running, walking, swimming, sports, or activities in your work environment (2 to 6 students). Stephen Brown, Ph.D., 757-2955, [sbrown@dcn.org](mailto:sbrown@dcn.org)

**ART LESSONS** in time for the holidays. Create a project or give a certificate as a gift. Techniques offered for beginner through advanced age 4 and up in all mediums. Art Lessons by Joyce in Davis (530) 756-1182

**BECOME A MASSAGE THERAPIST:** Total Cost: \$1025 Evening program starting Nov 30. Massage Therapy Institute, Davis. [www.mtidavis.com](http://www.mtidavis.com) and 530-753-4428

**DAVIS BIKE COLLECTIVE** at 4th & L: Learn to fix your bike! Hours: Mondays 1-5; Wednesdays & Thursdays 4-8; Saturdays 12-6. Open Bike Night: Mondays 6:30-8:30. Women/Trans/Femme: Tuesdays 5-7pm.

**DAVIS ORIGAMI GROUP.** Come fold with us at our monthly meetings. First-time folders and more advanced folders welcome. Folding paper provided. For more information please email [andrew.hudson13@gmail.com](mailto:andrew.hudson13@gmail.com) or call 753-6093.

**DAVIS PEOPLES FREE SCHOOL:** A community inspired and driven project aiming to provide free and accessible non-authoritarian education. Winter workshops: massage, anarchist knitting, polyamory, bike repair, music jams, etc.! [davispeoplesfreeschool@riseup.net](mailto:davispeoplesfreeschool@riseup.net)

**HORSEBACK RIDING LESSONS** Learn to ride or return to the saddle! Teaching balanced seat in English tack. All ages welcome, fun/safe/reliable

horses, near Davis. Join us to trail ride, dressage or jump. Private/semi-private lessons. [Gdsmith01@earthlink.net](mailto:Gdsmith01@earthlink.net), 916-769-4519.

**LOOKING FOR A SOUL-CONNECTED SPIRITUAL COMMUNITY?** Awakening to Spirit group meets 3rd Saturday each month, 10-12. Group meditations, spiritual discussion, and practices from mystics: Eckhart Tolle, Byron Katie, Pema Chodron. Contact Deborah Cohen, MFT: (916) 491-1216; [www.soulwisdomtherapy.com](http://www.soulwisdomtherapy.com) [debcohen@hotmail.com](mailto:debcohen@hotmail.com)

**MUSIC TEACHER:** More than 30 years experience teaching theory, harmony, composition, sight reading, ear training, dictation, voice, piano, and instruments. Member of Davis Music Teachers' Association. Call Robert 750-2272 or email [musicphoto@sbglobal.net](mailto:musicphoto@sbglobal.net)

**READING/HW TUTOR** I specialize in reading tutoring and homework help for 1st-5th graders. I can make reading fun and keep your child on task. Reasonable rates. Contact [danielleshanti@yahoo.com](mailto:danielleshanti@yahoo.com)

**YOGA IN WEST DAVIS** 90-minute classes taught by certified Sivananda Yoga instructor in Village Homes. Open classes, Beginner classes, Prenatal classes. Kids' Yoga offered through Davis Art Center. **FIRST OPEN CLASS IS FREE, \$13/class** afterward. Visit [www.VillageYogaDavis.com](http://www.VillageYogaDavis.com)

**ZEN MEDITATION:** Bird Path Zen Community of Davis meets weekly. Call Eric, 795-9596.

### PROFESSIONAL SERVICES

**ASPIRING OR COMMITTED VEGETARIAN?** Get weekly vegetarian cooking inspiration from a local Davis-ite at [www.vegetarianized.com](http://www.vegetarianized.com). Email [Adrienne@vegetarianized.com](mailto:Adrienne@vegetarianized.com). I also teach monthly classes for the City of Davis Recreation!

**BOOKKEEPING,** Accounting and Tax preparation services to small businesses and individuals. Free consult, call Graydon. 530-312-2121. [www.graydonford.com](http://www.graydonford.com)

**DAVIS COMMUNITY ACUPUNCTURE CLINIC** Providing affordable healthcare for all. \$15-\$40 sliding scale, pay what you choose. [www.DavisAcupuncture.com](http://www.DavisAcupuncture.com) Itay Neta, LAc. 530.219.0761

**DISSERTATION COACH** Is an unfinished thesis or dissertation keeping you from completing your degree? Get support and get it done. Eve West Bessier, M.Ed., Certified Coach. 530-756-6021. [www.evewestbessier.com](http://www.evewestbessier.com)

**EASE AND POSSIBILITY** Listen to your body, release chronic tension, relieve emotional stress and rediscover your vitality. Rosen Method bodywork sessions and/or movement classes. Introductory discounts offered. Sarah Simmons (530)902-9777

**ESL Personal Statement Editing** Writing the personal statement is challenging and an opportunity. As an ESL tutor and professional writer, I can help. Free Con-

sultation: Brian Elsasser [briane424@gmail.com](mailto:briane424@gmail.com). 530 848-9552.

**LOVE'S DRY CARPET CLEANING** Organic Green Seal Certified Check Out Our Online Specials [lovesdrycarpetcleaning.com](http://lovesdrycarpetcleaning.com) 530.312.9337

**PARENTING CONSULTANT:** Gain understanding and find thoughtful, kind and effective options for nurturing strengths, guiding behavior or managing challenges. Individualized, in your home. Anne Dunlea, PhD (Developmental Psychologist) (530) 758-1470.

**PET SITTING:** Will do dog, cat, exotic pet sitting in your own home. Dog walking and horse sitting also available. Bonded, licensed, and insured. Contact Purrfection Pet Watch, 530-756-7157

**SPANISH LANGUAGE TUTOR/TRANSLATOR:** All ages and levels - Individual classes, relaxed atmosphere. UC Davis teaching and translation background (agriculture, biology, history) Specialty in Old Spanish, 15th -18th. Century. Beatriz, (530) 757-2538 or [beatrizcabezon@gmail.com](mailto:beatrizcabezon@gmail.com)

**THERAPEUTIC MASSAGE / EMOTIONAL & NUTRITIONAL SUPPORT:** Relax-Rebalance-Revitalize. \$40/1hr, \$55/1.5hr, \$70/2hr. Pam Wilson, Certified Massage Therapist, Holistic Health Practitioner, MA Counseling Psychology. (530)681-0475, [vitality4life@yahoo.com](mailto:vitality4life@yahoo.com), [www.vitality4life.us](http://www.vitality4life.us) **GIFT CERTIFICATES AVAILABLE**

**TITLE-24 AAG CONSULTING** offers professional, quick, and cheap residential Title-24 documentation services and energy consulting. See [aagenergyconsulting.com](http://aagenergyconsulting.com) Contact Alea German at 707-292-1662 or [agerman22@gmail.com](mailto:agerman22@gmail.com).

**WOMEN-OVER-FIFTY ONGOING SUPPORT GROUP** 2 Tues eve groups at 5pm and 7:15pm Self-Esteem/Depression/Anxiety/Relationships/Retirement?/Grief/Life Transition Marilyn Stettler MFT (License #14328) Free 1/2 hour interview 530-902-1285

### HOLIDAY GIFT OPPORTUNITY

**SEEKING GIFT-GIVING ALTERNATIVES?** Redbud Montessori, a non-profit 501 3c preschool and kindergarten, welcomes contributions toward tuition assistance and our annual auction fundraiser. Give the gift of learning to Davis children! Please contact Karen Gill, Director at [karen@redbudmontessori.org](mailto:karen@redbudmontessori.org) or the school at 530-753-2623.

### FOR SALE

**BAMBOO PLANTS FOR SALE.** Fifty plus varieties are available including clumping and running bamboos. Expert advice included. Daniel J. Nurco, M.Sc., Ph.D. phone: 530-756-7997

"If you do what you've always done, you'll get what you've always gotten."

## Davis Clinical Hypnotherapy

Solutions for:  
Anxiety & Phobias  
Addictions  
Habits  
Motivation  
Defeating Behaviors

530.601.1003  
[DavisHypnotherapy.com](http://DavisHypnotherapy.com)

## YOGA DAVIS

Yoga Davis offers the Kali Ray TriYoga method

Whether you're new to yoga or a lifelong practitioner, please join us for regular classes in yoga postures, meditation, retreats, workshops, specialty classes (for runners & cyclists, for example) and teacher training programs.



Most programs are held at The Perce Gallery, 212 D Street, Downtown Davis.

For updated schedule and coming events, visit

[www.yogadavis.com](http://www.yogadavis.com)

or call  
(530) 756-1555

For Special Patients  
Where Conventional  
Medicine Just Won't Do...

Bert H. Brooks, D.V.M.

Cache Creek Holistic  
Veterinary Service

15200 County Road 96B  
Woodland, CA 95695  
(By Appointment.)

530-666-7322

[holisticvet@hughes.net](mailto:holisticvet@hughes.net)  
(discuss cases by e-mail)  
[www.cchvs.com](http://www.cchvs.com)  
(El veterinario habla español.)



Order our new book  
*More Than A Theory: A  
New Medical Paradigm*

The medicine of the future,  
available today!

# LOOKING FOR SOMETHING NEW?

Turkey orders will begin November 1, either by phone at 758-2667, ext. 363 or in the store at the demo counter. Turkeys will be available for pickup beginning Sunday, November 21.



## Turkey Table

	Organic	Free Range	No Added Hormones	Never Fed Antibiotics	Where Raised	Breed	Price Per Pound
Diestel		<b>X</b>	<b>X</b>	<b>X</b>	 Sonora, CA	Large White* 	<b>2.89</b> (Turkey Breast Whole or Half 5.65)
Diestel Heidi's Organic	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	 Sonora, CA	Large White* 	<b>3.39</b>
Mary's Heritage		<b>X</b>	<b>X</b>	<b>X</b>	Sanger, CA (about 200 miles from Davis)	Narragansett 	<b>5.49</b>